

# Wellbeing Wednesday



## ISSUE 20: Happiness

March 20th is the UN International Day of Happiness. We can create a happier and kinder world together by adopting simple, daily practices.

This year's theme is:

### **'Keep calm. Stay wise. Be Kind'**

Here are three simple steps you can use anytime and anywhere to give yourself a boost and build your compassion for others.

By tuning in to your feelings, looking for what's good and sharing kindness you can nurture yourself and help make things better day by day.

#### **Keep calm**

We must understand and recognise that many things are out of our control. Focus on the things you can control so you can respond in a constructive way.

#### **Stay wise**

Making wise choices can not only help you but they can also help others too.

#### **Be kind**

We are all in this together and it is important that we all support each other as much as possible.

Why not make  
someone smile today!

